



Mental Health Newsletter

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Editorially Speaking

An old bit of folklore has it that grey, cloudy skies can be predicted to clear up if there is a patch of blue big enough to make a Dutchman a pair of pants. Of late we have begun to have this feeling about the perplexing problems and seemingly eternal frustrations involved in providing mental health services for children.

The low point was reached on a cold winter day some months ago when the children's residential treatment center in St. Paul burned. This required transfer of the youngsters to the Anoka and Hastings State Hospitals, with overcrowding of the available facilities there and an apparently complete fragmentation of program. This was the bitter culmination of years of legal and financial difficulties in obtaining the proposed new center at Lino Lakes and of agonizing attempts to provide an integrated service in the facilities which were available.

Now, as a result of legislative action, we have been able, until Lino Lakes is open, to locate the residential treatment center at an adequate 36-bed facility at the Glen Lake Sanatorium. The legislature furthermore appropriated the final funds necessary to begin construction of the Lino Lakes unit. On September 1, 1961 the ground-breaking ceremony was held. Cynics have hinted that we may have engaged in arson in order to bring these things about.

The medical specialist salary law has placed us again in active recruitment. As a direct result of this splendid legislation we have been able to employ a board certified psychiatrist, Dr. Richard Bartman, as Director of Children's Mental Health Services.

Our plan is to incorporate in one office an integrated program for children suffering from mental handicaps or distress. This means not only direct broad policy supervision of facilities under our control, but just as importantly, development of long-range plans for prevention and clinical care for children at all community and institution levels. The latter will involve extensive coordinative and consultative work in relation to community mental health and day care centers, welfare services, and health, education, and correctional agencies.

What may be different about our approach is that we seek to break down the artificial administrative program barriers that have traditionally separated children of normal and subnormal intelligence. There are many subtleties here, and a curious kind of class distinction reflected in the semantics of "mentally retarded," "brain injured," "emotionally disturbed," and "mentally ill" designations. We prefer the inclusive A.P.A. nomenclature concept of *mental disorder*. The clinical reality is that the problems tend to run together.

There is a need to establish sound selection criteria for admission to the residential treatment center, so that there can be a proper balance between need for residential care and capacity to respond to treatment. There is a need to improve psychiatric services in our institutions for the retarded. There are large numbers of children of dull and borderline intelligence, frequently with socially disruptive behavior, for whom no adequate programs have yet been devised. And what of children whose symptoms lead them into correctional rather than psychiatric channels? In this connection, the "forced marriage" of Corrections and Public Welfare at the Lino Lakes facility may prove to be deeply wise.

These problems may be so complex and heavy that available state resources and human intelligence will in the end be unable to solve them. But is it premature or unlucky to hope that we may be down the road at last?

David J. Vail, M.D.

Medical Director

Names In the News

Now residing in Minnesota and on the staff of the Mayo Clinic, Rochester, is *Dr. M. D. Eilenberg*, formerly of the Maudsley Hospital, London, Ontario. Dr. Eilenberg is familiar to a number of Minnesotans as a result of his June 14th participation in a workshop on the legal aspects of commitment, held at the Rochester State Hospital.

Named to serve on the American Psychological Association's committee on organization and functioning of state associations are *Dr. Howard R. Davis*, chief psychologist and director of research, and *Dr. Herbert Dorken*, director, Minnesota's community mental health services.

Guest speaker at Hastings State Hospital October 26 will be *Dr. D. H. Clark*, medical superintendent, Fulbourne Hospital, Cambridge, England. Title of the lecture, open to all state mental health personnel, is "Administrative Therapy: playing the doctor's role in the therapeutic community."

Guest speaker at the annual Volunteer Recognition Ceremony at Anoka State Hospital October 22 will be Mr. Merrill Robinson, president of the Hennepin County Mental Health Association. Receiving awards at the 9th annual ceremony will be over 500 regularly assigned volunteers.

Discussing Minnesota's Community Mental Health Services Act with members of the Michigan Society for Mental Health October 25 in East Lansing, Michigan will be DPW's *Dr. Herbert Dorken*. The Michigan Society is currently engaged in drafting community mental health services legislation similar to the 1957 Minnesota Act.

Manning the Minnesota recruitment booth at the Milwaukee Divisional meeting of the American Psychiatric Association November 16-18 will be Medical Director *Dr. David J. Vail*, Mrs. *Miriam Karlins*, director of mental health information and volunteer services and personnel director *Herbert Gardner*.

Reprinted in the latest (August) issue of Children Limited, the bi-monthly publication of the National Association for Retarded Children is "The Drama of a Lost Boy." Written by Volunteer Services Coordinator *Darrell Stave*, the moving account originally appeared in the Brainerd State School and Hospital Newsletter.

New Volunteer Services Coordinator Chosen to Fill Post at Cambridge

Newest Volunteer Services Coordinator in the state program is Mrs. Dorothy LeGault, who joined the Cambridge State School and Hospital staff early this month. She fills the post vacated by Mrs. Joyce Stensrud, who resigned to do graduate work at the University of Minnesota.

For the past 4 years, Mrs. LeGault taught English in the Braham high school. Her husband is a vocational instructor in the Cambridge school system.

Mental Health Committee Launches Senior Citizens Club in Fergus

Helping new members register at the initial meeting of the Fergus Falls senior citizens club October 2nd were four patients from the Fergus Falls State Hospital. Also on hand, as members of the sponsoring Mental Health Committee were hospital staff members Dr. Jeanette L. Baker, John Bloom, director of social services and volunteer services coordinator Adelaide Avoy. Over 80 enthusiastic Fergus Falls over-65 citizens turned out for the first meeting.

Organization of a senior citizens club was one of the two projects decided upon by the recently activated local citizens' Mental Health Committee. During the past few months, committee members and volunteers have been busy fixing up and decorating club rooms in a local commercial establishment.

In addition to providing meeting rooms for weekly activities for the new senior citizen "Happy Hours Club," the Committee plans to offer day nursery services to parents with appointments at the Ottertail County Welfare Department, the 4-County Project and the Lakeland Mental Health Center.

Also members of the 15-member Mental Health Committee are Roy L. Anderson, program director, Lakeland Mental Health Center, Rollie Winterfeldt, Executive Director, Ottertail County Welfare Department and William Freeman, DPW District #4 field representative.

High School Equivalent Certificates Now Available to Cambridge Patients

Returning to the community with a high school equivalent certificate is now a possibility for a number of Cambridge State School and Hospital nonretarded epileptic patients.

Through recent arrangements made with the State Department of Education and the Cambridge High School, epileptic patients over the age of 21, and of normal intelligence may take the general education development tests. High school equivalent certificates will be granted by the Cambridge High School to those who successfully meet the test requirements. According to George Boswell, Rehabilitation Therapies Coordinator, possession of the equivalent of a high school diploma will be an important asset to many of these patients when they return to the community—in locating a job or in entering college study.

Also new in the educational program at the Cambridge institution are typing and bookkeeping classes under the direction of Mr. William Peno, a recent addition to the vocational educational staff.

Dr. Herman Snow, Dr. Roger Howell to be Guests at Duluth Workshop Nov. 7

"Mental Health . . . a Community Responsibility" is the theme of the workshop scheduled for November 7 at the Duluth branch, University of Minnesota. Sponsors are the Duluth Mental Hygiene Clinic, Inc., the Duluth Citizen's Committee on Mental Health and the Department of Public Welfare. The workshop was made possible by a grant from the National Institute of Mental Health.

Dr. Roger Howell, formerly of the University of Minnesota and now professor in the University of Michigan School of Public Health will talk about community responsibility. Discussing the open hospital philosophy will be Dr. Herman Snow, director of the St. Lawrence State Hospital, Ogdensburg, New York.

This is Dr. Snow's second visit to Minnesota this year. In May he conducted a three-day institute on the open hospital for state hospital personnel. The St. Lawrence State Hospital, under Dr. Snow's direction, became the first completely open mental hospital in the U.S. early in 1958.

NIMH Grant Awarded for January Workshop on Marital Counseling

Approval of a project grant for a three-day workshop on marital counseling was made earlier this month, according to Mrs. J. Lucille Poor, community social services consultant.

The workshop, scheduled for January 18-20 in Minneapolis, will include social workers from the community mental health centers, county welfare directors and clergymen.

Recent Additions to Hospitals Other State Institutional Staffs

Dietitian I Verna Brockway and Hospital Social Worker Alden Halloran, *Anoka*; S.W. I Dwight Miller and Patient Activities Assistant I Yukiko Makino, *Brainerd*; O.T. I Kay Coulter, Psychologist I Leah Jones and Special Teachers Jacqueline Kiessel and Curtis Geatz, *Cambridge*; Child Care Counsellors Neil Gould and Carol Anderson, *Children's Center*; Patient Activities Assistants I's Muriel Greene and Kenneth Johnson, Special Teacher Marilyn Roseland, R.N. II's Diana Lindenfelter and Florence Wangness and Patient Activity Leader I Roberta Gruetzman, *Farabault*; Dentist Richard Gordon, O.T. I's Dorothy Jensen and Maryann Hitchcock, Physician II John Nilson, Psych Aide II Agnes McCullough, Patient Activity Leader II Karen Gallahue and Special Teacher Warren DeMuth, *Hastings*; Special Teacher Ralph Olinger and Houseparent II James Munson, *Owatonna*; R.N. I Ann Daniloff, R.N. II Elizabeth Riach and Patient Activity Leader I Patricia Nevin, *Rochester*; R.N. I Harriet Harris, O.T. I. Rebecca Osmundson and Psychologist II John Kendall, *St. Peter*.

Hospital Echoes

Going into town for "professional" permanents each month will be five women patients from the *Brainerd State School and Hospital*. A Brainerd couple, regular volunteers at the hospital and owners of a local shop, are expanding their services by scheduling free permanents for Brainerd patients one day each month at their downtown salon.

At *Willmar State Hospital*, a new idea for strengthening patient-family ties was born from a recent experience. Some time ago, relatives of a Willmar patient made a tape recording of a festive occasion in their Canadian home. Resourceful volunteers and staff borrowed a recorder and played the recording. Before returning the tape, a portion was erased and the patient, a patient friend, a few volunteers and the volunteer services coordinator recorded a "gab-fest" in the Volunteer Center. What was an experience is now a project as the Tape Recorder Fund, started with a \$50 check from the patient's family, has begun. Staff and volunteer promoters of the new project hope to make "direct visiting," through tape recordings, available to more patients separated by long distances from their families.

Special emphasis on the number and needs of patients with hearing handicaps at *Rochester State Hospital* has now begun, largely through the efforts of a volunteer worker at the Hospital. Working under the direction of the social services department, the volunteer has taken charge of a project to "do something" about patients with hearing loss. In addition to soliciting funds for the purchase of new hearing aids, a hearing aid bank of instruments no longer in use has been established. Additional volunteers to encourage and instruct patients in the use of their hearing aids are also being recruited.

State Hospital to Receive Third of Macalester's Campus Chest Funds

Selected this year to receive a third of the funds raised in Macalester College's annual "Campus Chest" drive will be a special project, as yet not designated, in one of Minnesota's hospitals for the mentally ill.

Decision to allocate a third of the fund's receipts for a state hospital special project or need was made by the college's student Campus Chest committee. Also benefiting will be the World University Service and Camp Courage, a summer camp for crippled children and adults.

This is the first year that the college has elected to support a mental health project on the state level.

Dr. Howard Davis, Chief of Psychology, will address the Macalester kick-off convocation November 9th. Approximately \$1,500 is raised by the Macalester students each year.

Pilot Training Program in Practical Psychiatric Nursing Draws to a Close at Anoka State Hospital, November 3

The Minnesota practical psychiatric nursing program draws to a close early next month. On November 3, fourteen students will complete their 14-month training program and receive their diplomas in practical nursing. They are members of the eighth and final class of an experimental training program begun just over 5 years ago.

The Minnesota pilot training and evaluation program, the first of its kind in the nation, was established in 1956 and made possible by a 5-year grant from the National Institute of Mental Health. Training was centered in St. John's Hospital, St. Paul, and two state hospitals for the mentally ill. (St. Peter the first two years, Anoka State Hospital the latter three.)

This was the first attempt made to provide specialized training *before* employment for nursing personnel who would later be working with mentally ill and geriatric patients in state institutions, nursing homes and general hospitals.

Combined in the program were the nursing arts of traditional practical nursing education plus the psychiatric concepts and procedures included in the state hospital aide training programs.

Purpose of the combined new training program and the evaluation study (now in progress) was to (1) develop a curriculum which would expand the usual one-year practical nursing education curriculum to include experience and skills in working with the elderly and the mentally ill; and (2) to determine the efficacy of such a program by comparing the job performance of graduates of the program with personnel trained on an in-service basis. Also a part of the research phase was the development of test instruments useful in predicting success in training and on the job—instruments which will be useful for future selection of psychiatric aides and practical psychiatric nurses. A final report of the program and study is scheduled for completion in July, 1962.

As the final class members join the ranks of graduates next month, the number of students completing the course will total 63. To date, all of the graduates have passed state licensure examinations. In comparison with graduates from other schools of practical nursing, they have as a group ranked first in the state in examination performance during the past two years.

What are the advantages of a pre-service practical nursing program with specialization in the psychiatric field? According to Mrs. Virginia Kilander, director of the program, several advantages are already apparent. (1) the program attracts a type of individual who is interested in a career in a "helping" profession and (2) one who, by early exposure to the mentally ill, develops a strong interest in working with these patients after they finish training.

Over a third of the graduates of the pilot program are now working in one of the state hospitals for the mentally ill. A number of others are working in psychiatric units in general hospitals. This compares quite dramatically with the 4-6% of professionally trained nurses who enter psychiatric nursing after completing their training.

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